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## Apply Externally...

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# Apply Externally . . .

By Virginia Kirstein

**B**R-R-R! The alarm! And you've planned to study for an hour before breakfast! But no, you just can't wake up, and how can you ever remember a paragraph until that 8 o'clock?

The answer is a brisk, cold shower. It takes but a few seconds longer than wash-

ing your face and hands, and when you've splashed about, why suddenly you've waked up! And it does make one feel good and peppy! Then a brisk rub down with a coarse towel, and in no time that once difficult lesson is thoroughly read and understood.

Did you ever come home late in the

## For That Tired Feeling

afternoon, tired and dreary feeling, after a three hour laboratory period, and wish you could postpone that important date? Try a soothing, freshening-up warm tub, fragrant with your favorite bath salts, and a soft, lathery soap. "Blot" yourself dry with a big fluffy towel, use a generous amount of velvety dusting powder, and then don fresh, clean clothes. Miraculous, you say? No, but how much better one feels, and your evening will be much more jolly.

After a strenuous tennis match, eighteen holes of golf or any other hard physical effort, fill the tub with hot water and remain in it for ten minutes, taking care that muscles likely to be sore and stiff are submerged in the water. Relax, and rest your weary nerves. It does wonders and renews one's lease on life.

If the day has been particularly warm, try a warm bath instead of a cold shower. The shower may cause the blood to rush actively about, thereby heating the body more than ever, whereas the warm bath will leave you cool and refreshed. Move slowly while dressing in your fresh clothes and you'll stay comfortable much longer.

After a long grind cramming for tomorrow's exam, try a bath that's neither too hot nor too cold, gently dry yourself, slip between smooth, clean sheets, relax and drift away on slumber's downy couch.

It's all in knowing the kind; baths can help, more than you know. Experiment and find which kinds suit you best and then let them help condition you for whatever mood you wish.

### Try a Lemon

When tomatoes are in season and lemons are high, why not substitute? Tomato juice is just as effective for removing fruit and vegetable stains from the hands.

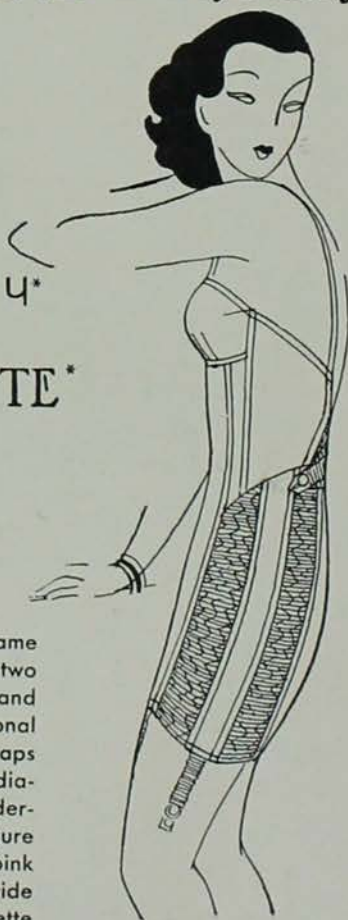
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